

U10 PLAYERS

# **ACE ALTERNATIVE TRAINING**

*Plan duration: March 23rd - April 18th (4 weeks)*

**TIME REQUIREMENT:  
2 HOURS A DAY**

**TENNIS**



## Technical/Tactical Content

Using the Learn to Play document, players and parents should follow the link provided below and click on the camp colour that suits their child's level. For example: If your child trains with the red ball, in the Table of Contents you click on red 1 camp and you will see a list of drills along with video links that show you what you can do with your child at home. It provides you with a full week of content (Monday to Friday) and when your child is ready to move on you click on Red 2 Camp for more advanced drills. These drills can be done outside or in your house (if there's enough space). You will simply need to be creative and use a make shift net or something to hit over. It's recommended that you use the red ball or foam in your home to avoid breaking anything. If you do not have red balls, they are available online at Walmart.ca. Search for Wilson Starter Easy Tennis Balls.

[Learn to Play Document](#)

## Physical Content

The best physical content you can do at home with your children is to practice the ABC's (agility, balance, and coordination). The following links provides you with some ideas of many different coordination drills that you can do with your child indoors or outdoors. The man presenting is Andre Parent who is Canada's National fitness coach. He has done some excellent work over the years with our top Juniors.

[Drill 1](#)

[Drill 2](#)

[Drill 3](#)

[Drill 4](#)

[Drill 5](#)

[Drill 6](#)

[Drill 7](#)

[Drill 8](#)

**TRAIN. IMPROVE. HAVE FUN.**